



Safety Topic of the Month

Be Food Safe





Be Food Safe – National Food Safety

Harmful Bacteria can make people sick

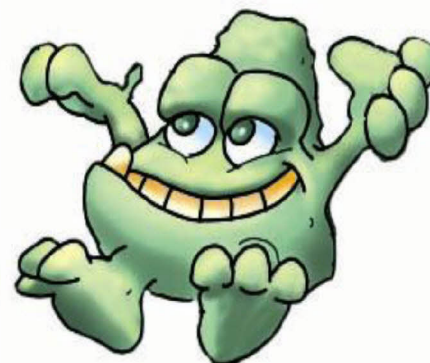
■ Did you know that in the United States each year

- **76 million** cases of food borne illness occur.
- More than **325,000 people** are hospitalized for food borne illness.
- **5,000** people will die from food borne illness.

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Food handling safety risks at home are more common than most people think.

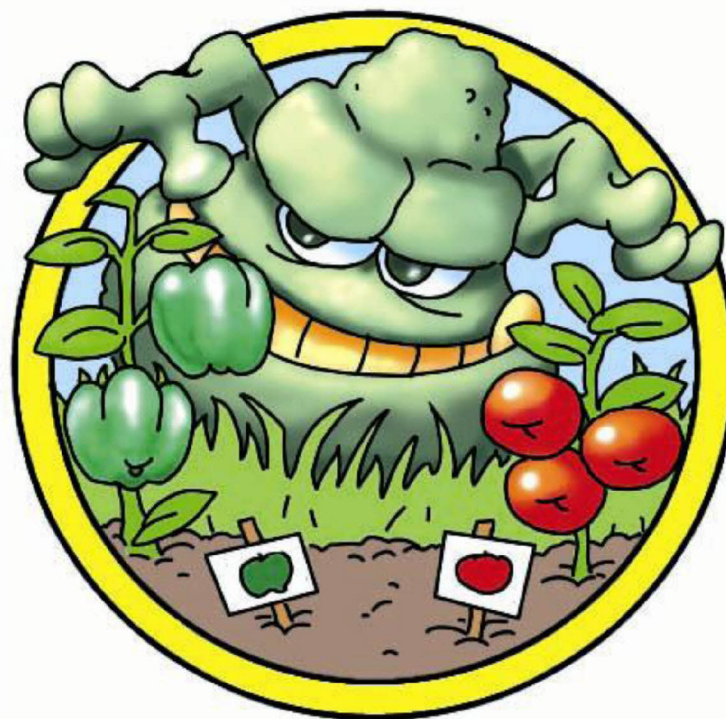
- What do I need to know about food borne illness?
- How can I reduce my risk?
- How can I help others reduce risk?



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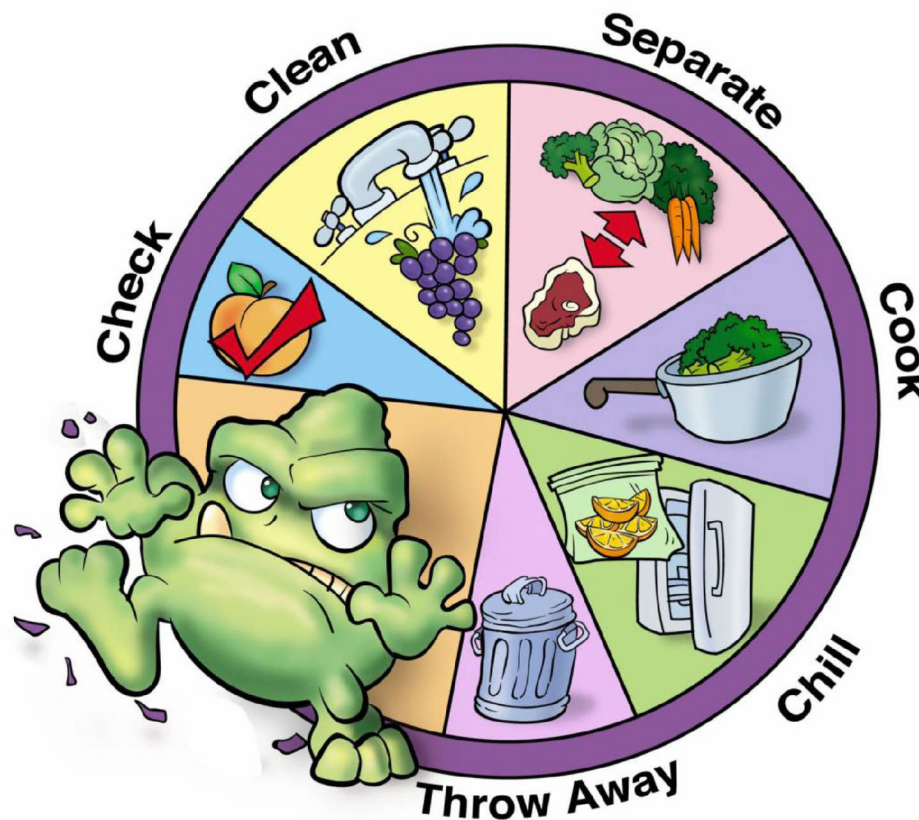
What is a foodborne illness?

- An infection or illness often caused by bacteria or a virus which is transmitted by food.
- The four easy lessons of **Clean, Separate, Cook** and **Chill** can help prevent harmful bacteria from making your family sick.



Be Food Safe – National Food Safety

- Check
- Clean
- Cook
- Separate
- Chill
- Throw away





Be Food Safe - Clean

Clean. Wash hands, utensils and cutting boards before and after contact with raw meat, poultry, seafood, and eggs.

Bacteria can spread throughout the kitchen and get on hands, cutting boards, knives, and countertops. Frequent cleaning can keep that from happening.

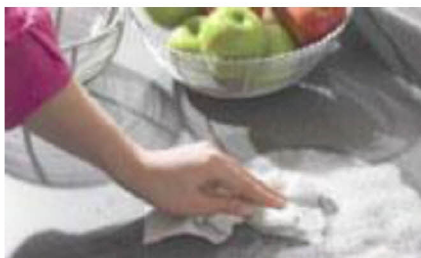
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Be Food Safe - Clean



Wash hands with soap and warm water for 20 seconds before and after handling food.

Run cutting boards and utensils through the dishwasher or wash them in hot soapy water after each use.



Keep countertops clean by washing with hot soapy water after preparing food.



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Separate. Keep raw meat and poultry apart from foods that won't be cooked.

Cross-contamination is how bacteria spreads. Keep raw meat, poultry, and seafood and their juices away from ready-to-eat food.

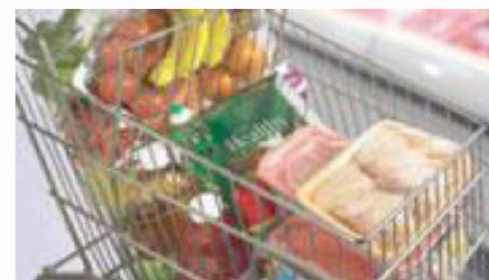
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Be Food Safe - Separate



Use one cutting board for raw meat, poultry, and seafood and another for salads and ready-to-eat food.

Keep raw meat, poultry, and seafood and their juices apart from other food items in your grocery cart.



Store raw meat, poultry, and seafood in a container or on a plate so juices can't drip on other foods.



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Cook. Use a food thermometer – you can't tell food is cooked safely by how it looks.

Even for experienced cooks, the improper heating and preparation of food means bacteria can survive. Visit befoodsafe.gov for more information on the safe internal temperatures for cooking foods.

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Be Food Safe - Cook



Use a food thermometer – you can't tell food is cooked safely by how it looks.

Stir, rotate the dish, and cover food when microwaving to prevent cold spots where bacteria can survive.



Bring sauces, soups and gravies to a rolling boil when reheating.



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Chill. Chill leftovers and takeout foods within 2 hours and keep the fridge at 40°F or below.

Bacteria spreads fastest at temperatures between 40°F - 140°F, so chilling food properly is one of the most effective ways to reduce the risk of food borne illness.

The four easy lessons of **Clean**, **Separate**, **Cook**, and **Chill** can help prevent harmful bacteria from making your family sick.

Be Food Safe - Chill



Cool the fridge to 40°F or below, and use an appliance thermometer to check the temperature.

Chill leftovers and takeout foods within 2 hours, and divide food into shallow containers for rapid cooling.



Thaw meat, poultry and seafood in the fridge, not on the counter, and don't overstuff the fridge.

Be Food Safe – National Food Safety

Safe Handling of Fresh Fruits and Vegetables

- Safely handling fresh fruits and vegetables is easy.
- Check to be sure that the fresh fruits and vegetables you buy are not bruised or damaged.
- Check that fresh cut fruits and vegetables like packaged salads and precut melons are refrigerated at the store before buying.
- Do not buy fresh cut items that are not refrigerated



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Safe Handling of Fresh Fruits and Vegetables

- Rinse fresh fruit and vegetables under running tap water, including those with skins and rinds that are not eaten.

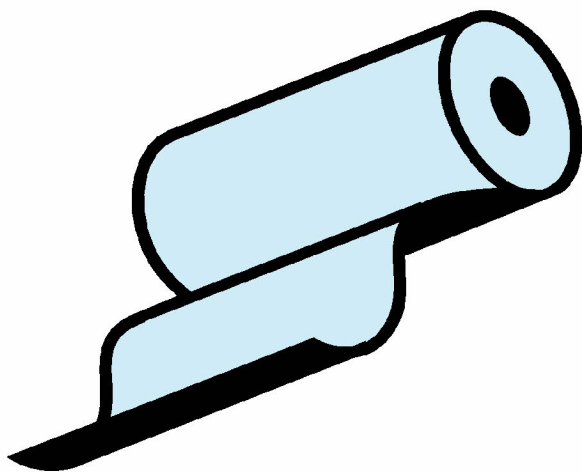


- Packaged fruits and vegetables labeled “ready-to-eat”, “washed” or “tripled washed” need not to be washed.
- Rub firm-skin fruits and vegetables under running tap water or scrub with a clean vegetable brush while rinsing with running tap water.

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Safe Handling of Fresh Fruits and Vegetables

- Dry fruit and vegetables with a clean cloth towel or paper towel.



- Never use detergent or bleach to wash fresh fruits or vegetables. These products are not intended for consumption.



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Safe Handling of Fresh Fruits and Vegetables

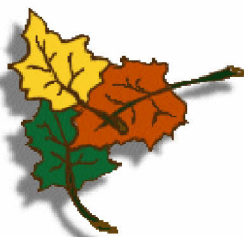
- Throw away fresh fruits and vegetables that have not been refrigerated within two hours of cutting, peeling, or cooking.
- Remove and throw away bruised or damaged portions of fruits and vegetables when preparing to cook them or before eating them raw.
- Throw away any fruit or vegetable that will not be cooked if it has touched raw meat, poultry or seafood.
- If in doubt, throw it out!

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Be Food Safe this Holiday Season



- Check
- Clean
- Cook
- Separate
- Chill
- Throw away



***And everyday - All
Year Long!***